

GENERAL SCREENINGS AND IMMUNIZATIONS FOR WOMEN



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to meet your health care needs.

Screening Tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and Older
General Health: Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH) ¹	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health: Blood pressure test ²	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test ³	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Bone Health: Bone mineral density test ⁴		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
Diabetes: Blood glucose test ⁵	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Breast Health: Mammogram (x-ray of breast) ⁶		Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
Reproductive Health: Pap test & pelvic exam ⁷	Every 1-3 years if you have been sexually active or are older than 21	Every 1-3 years	Every 1-3 years	Discuss with your doctor or nurse.
Chlamydia test ⁸	Yearly until age 25 if sexually active. Older than age 25, get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
Sexually transmitted disease (STD) tests ⁸	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.
Mental Health Screening ⁹	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.

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Screening Tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and Older
Colorectal Health: Fecal occult blood test ^{10,11}			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred) ^{10,11}			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE) ^{10,11}			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy ^{10,11}			Every 10 years	Every 10 years
Rectal exam ^{10,11}	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
Eye and Ear Health: Eye exam ¹²	If you have any visual problems; at least one exam from ages 20-29 and at least two exams from ages 30-39.	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test ¹³	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
Skin Health: Mole exam ¹⁴	Monthly mole self-exam; by a doctor every 3 years, starting at age 20.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.
Oral Health: Dental exam ¹⁵	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Immunizations: Influenza vaccine ¹⁶	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
Pneumococcal vaccine ¹⁶				One time only
Tetanus-diphtheria booster vaccine ¹⁶	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Human papillomavirus vaccine (HPV) ¹⁷	Up to age 26, discuss with your doctor or nurse.			
Meningococcal vaccine ¹⁸	Discuss with your doctor or nurse if attending college.			



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National Institute of Mental Health. Depression: What Every Woman Should Know. Available at: www.nimh.nih.gov/publicat/depwomenknows.cfm#ptdep8. Accessed October 25, 2006.
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- ¹² The American Academy of Ophthalmology. The American Academy of Ophthalmology Sets its Sight on Healthy Vision Month. Available at: www.aao.org/news/release/20050501a.cfm. Accessed October 25, 2006.
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- ¹⁵ Agency for Healthcare Research and Quality. The Pocket Guide to Good Health for Adults. Available at: www.ahrq.gov/ppip/adguide/adguide.pdf. Accessed October 24, 2006.
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SCREENING TESTS AND IMMUNIZATIONS GUIDELINES FOR MEN



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This chart lists recommended screenings and immunizations for men at average risk for most diseases. These are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.

Screening Tests	Ages 18- 39	Ages 40- 49	Ages 50- 64	Ages 65 and Older
General Health: Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Heart Health: Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Diabetes: Blood sugar test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Prostate Health: Digital Rectal Exam (DRE)		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Prostate-Specific Antigen (PSA) (blood test)		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Reproductive Health: Testicular exam	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.
Chlamydia test	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Sexually Transmitted Disease (STD) tests	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.
Colorectal Health: Fecal occult blood test			Yearly	Yearly
Flexible Sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)

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Screening Tests	Ages 18- 39	Ages 40- 49	Ages 50- 64	Ages 65 and Older
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
Eye and Ear Health: Eye exam	Get your eyes checked if you have problems or visual changes.	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Skin Health: Mole exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.
Oral Health: Dental exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Mental Health Screening	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Immunizations: Influenza vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-Diphtheria Booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years

Current as of June 2006